

Recipes for a Healthy Heart

February is American Heart Month – a time to reflect on what we can be doing to keep our hearts healthy.

Taking a list of heart-healthy foods from WEB MD*, we challenged three Long Island chefs—Michael Wilson of Monsoon in Babylon, Massimo Fedozzi of Graceful Rose in Port Jefferson, and Douglas Gulija of the Plaza Café in Southampton – to come up with recipes using at least three of the ingredients on the list.

Michael Wilson can prepare all kinds of delicious food as evidenced by his stints at three Bohlsen restaurants—expertly cooking fish and steak at Prime in Huntington, Italian at Verace in Islip and now pan-Asian as executive chef at Monsoon. He developed two recipes: roasted acorn squash with spiced almonds, and, for dessert, green tea custard with blueberry compote and flaxseed walnut crisp.

Massimo Fedozzi, the executive chef at Graceful Rose has been dedicated to good food since a child in northern Italy. He has worked in

the kitchens in fine restaurants that include The Savoy Hotel in London, Negresco Restaurant in Monte Carlo, Monaco, and Grand Hotel Park in Gstaad, Switzerland. Quality ingredients are vital to cooking, says the chef, essential for his tuna tartare.

And finally, the Douglas Gulija's pan roasted wild king salmon with wild rice. Says Gulija, whose Southampton restaurant always receives accolades, "I like this recipe because it reminds me so much of the fall harvest and Thanksgiving with its use of local acorn squash, apples, end of season corn and the colors of the dish. It also is a great way to pare true hand harvested wild rice with wild Alaskan king salmon. At the restaurant we also add in some sweet Maine shrimp to the mix when they are available."

*www.webmd.com/food-recipes/features/25-top-heart-healthy-foods

GREEN TEA CUSTARD WITH BLUEBERRY COMPOTE AND FLAXSEED WALNUT CRISP

Chef Michael Wilson

Monsoon Asian Kitchen and Lounge

Yield: 2 portions

For the Custard

Ingredients:

1 cup low-fat milk
1 Tbsp. sugar
1/2 vanilla bean, scraped (or 1/2 tsp. of vanilla extract)
1 Tbsp. green tea powder (matcha)
1 Tbsp. milk
3/4 tsp. gelatin powder

Preparation

1. Simmer the milk with the sugar, vanilla, and matcha for 10 minutes on low until small bubbles start to form
2. Bloom the powdered gelatin in the milk until a slight paste forms
3. Remove the milk mixture from the heat and whisk in the gelatin paste
4. Strain into two martini glasses and chill at least 4 hours

For the Compote

Ingredients:

1 cup blueberries
2 Tbsp. sugar
2 Tbsp. water

Method of Preparation:

Simmer on low until blueberries

macerate and the sugar dissolves. Cool.

For the Crisp

Ingredients:

1 1/2 cup all purpose flour
1 tsp. sugar
1 tsp. Salt
2 tsp. vegetable oil
Approximately 1/2 cup water
2 Tbsp. flax seeds
2 Tbsp. walnuts, chopped fine

Method of Preparation:

1. Preheat the oven to 450 F
 2. Mix the flour, sugar and salt
 3. While mixing with a fork, add oil and then the water, one tablespoon at a time until all incorporated forming a semi-firm dough
 4. Let the dough rest for 3 minutes. Roll out onto a floured surface. Roll into a rectangle 1/8 inch thin.
 5. Brush slightly with water and sprinkle the dough with the flaxseeds and walnuts
 6. Slice with a pizza slicer into small rectangles and bake on a floured sheet tray for 12 minutes or until toasted
 7. Place the crisp on a cooling rack
- To assemble, place the compote on top of the chilled custard and garnish with a crisp.

ROASTED ACORN SQUASH WITH SPICED ALMONDS

Yield: 2 cups

Ingredients

1 acorn squash, peeled, seeded and diced
1 tsp. Chinese five spice
1 tsp. chili powder
1/2 cup blanched, sliced almonds
2 Tbsp. grapeseed oil (or vegetable oil)
1 cup brown rice, cooked
1 Tbsp. orange juice
1/2 cup baby spinach, washed
5 orange segments
Salt and pepper

Preparation

1. Preheat oven to 450 F. Toss the peeled and diced acorn squash in half the oil. Add the five spice. Spread on a baking sheet and roast for 25 minutes, making sure to turn and spread halfway through.
2. Mix the almonds with remaining oil and chili powder. Roast in the 450 F oven for two minutes.
3. Cook brown rice according to the package
4. While still warm, gently toss the brown rice,



Chef Michael Wilson of Monsoon Asian Kitchen and Lounge with his Green Tea Custard and Blueberry Compote and Flaxseed Walnut Crisp

